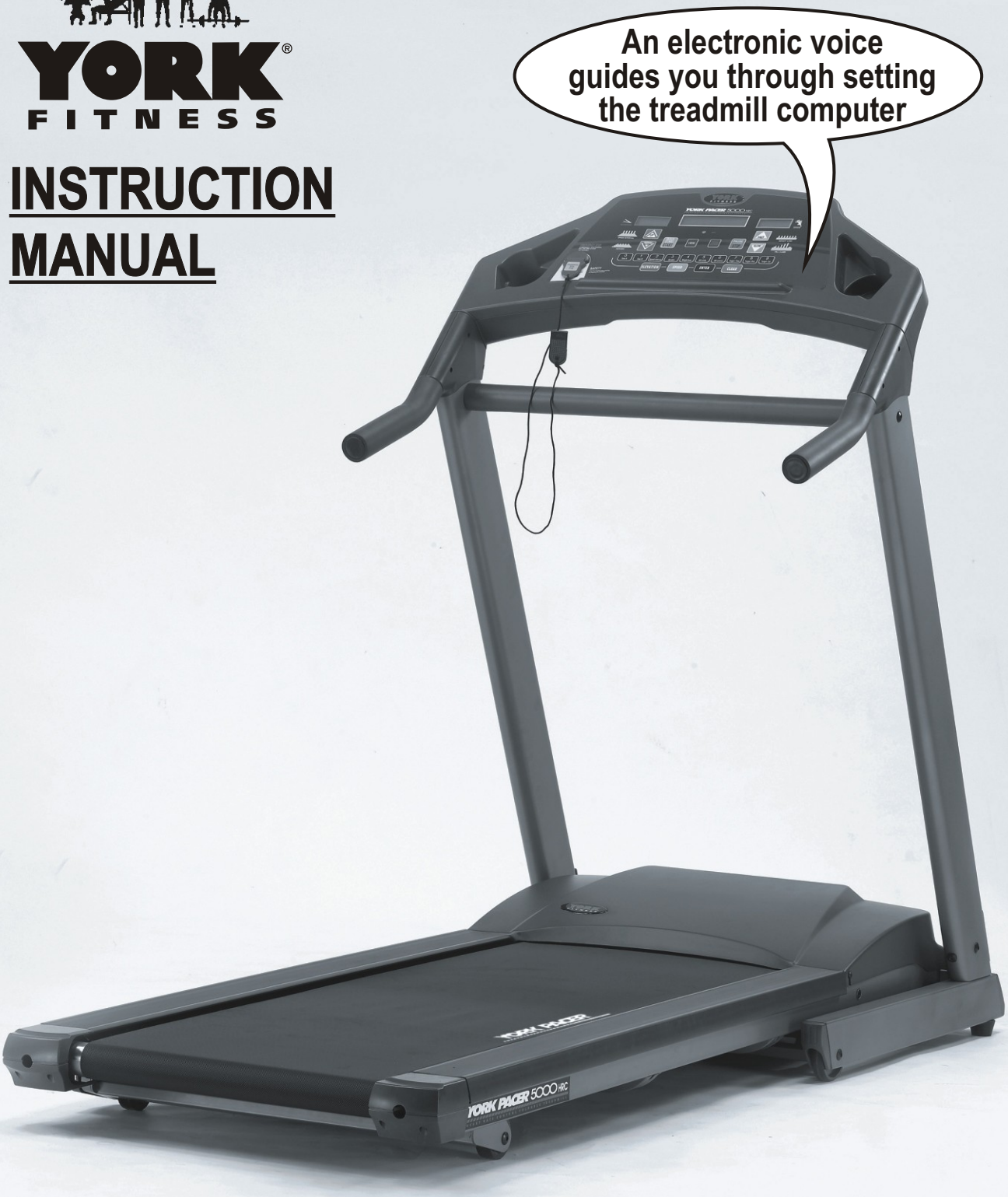
YORK PACER 5000 HRC

HEART RATE CONTROL FOLDABLE TREADMILL

YORK® FITNESS

INSTRUCTION MANUAL



11 / 2002 TWN

Product may vary slightly from the item pictured.

COMPLIES WITH EUROPEAN STANDARD EN957 PT 1+6 CLASS H C

YORK PACER 5000 HRC TREADMILL

SAFETY GUIDELINES:

Please read and follow the safety guidelines:
Before beginning any exercise program, you should consult with your doctor.
It is recommended that you undergo a complete physical examination.
Read this owner's manual and follow the instructions.

- **Assemble and operate the YORK PACER 5000 HRC on a solid, level surface.**
- **Keep the area behind the YORK PACER 5000 HRC clear.**
- **Always allow a clear space measuring 1m wide and 2m long immediately behind the YORK PACER 5000 HRC.**
- **The treadmill will not operate without the safety key.**
- **Never allow children on or near the treadmill.**
- **The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers - IN EMERGENCY: Pull the safety key cord to remove safety key.**
- **Always check the treadmill before using it.**
- **Make sure all parts are assembled, and nuts and bolts are tight.**
- **Do not use the treadmill if the unit is disassembled in any way.**
- **Keep hands away from moving parts.**
- **The weight limit for this treadmill is 290 lbs (132 kgs).**
- **Wear proper workout clothing: Do not wear loose clothing.**
- **Do not wear shoes with leather soles or high heels. Tie all long hair back.**
- **Don't rock the unit from side to side.**
- **Care should be taken when mounting and dismounting the unit.**
- **Do not place any liquids on any part of the treadmill.**
- **To prevent shock, keep all electric component, such as the motor, cable and switch away from water.**
- **Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.**
- **Work within your recommended exercise level, do NOT work to exhaustion.**
- **If you feel any pain or abnormal systems, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.**
- **Turn off the treadmill while adjusting or working near the rear roller.**
- **TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.**

WARNING - This appliance must be EARTHED.---IMPORTANT

The YORK PACER 5000 HRC is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have safe and pleasurable exercise regimen with the YORK PACER 5000 HRC.

TOOLS REQUIRED - The tool enclosed in the carton is one allen key.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

INTRODUCTION

The YORK PACER 5000 HRC TREADMILL has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding of the benefits of exercising by carefully reading the instructions given in this manual.
Please familiarize yourself with the maintenance advice provided for you.

SPECIFICATIONS

POWER SUPPLY: 220~240V 50Hz
SPEED CONTROL : PUSH BUTTON
ELEVATION: POWER INCLINE 0%~10%
SPEED RANGE: 0 ~ 16 KPH

10 PROGRAMS - USER A, USER B,
SPEED INTERVAL, AEROBIC, WEIGHT LOSS,
HILL CLIMB, HR CONTROL, TARGET: TIME,
TARGET: DIST. & TARGET: CAL.
An electronic voice guides you through setting the treadmill computer
SAFETY KEY
HANDLE BAR WITH FOAM GRIP
COMPUTER SHOWS ELEVATION, TIME, CALORIE / PULSE, DISTANCE, SPEED & MAX. HEART RATE
HANDLE BAR POST
FOLD TREADMILL UP AND STAND VERTICALLY FOR STORAGE
NON SLIP FOOTPAD
RUNNING MAT
BELT ADJUSTING BOLTS-- ADJUST BELT TENSION & TO CENTRALIZE MAT
MAIN FRAME
FOUR WHEELS TRANSPORTATION SYSTEM ALLOWS YOU TO MOVE THE TREADMILL EASILY WHEN FOLDED
YORK PACER 5000 HRC

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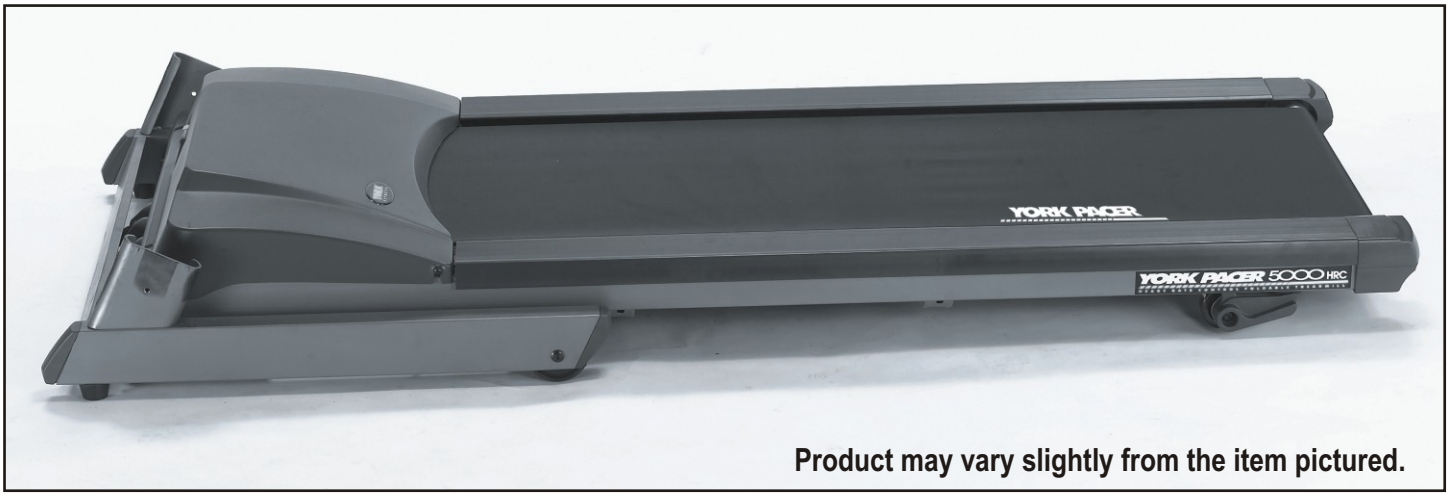
GENERAL

WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR PACER 5000 HRC TREADMILL.
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR PACER 5000 HRC TREADMILL.

ASSEMBLY INSTRUCTIONS

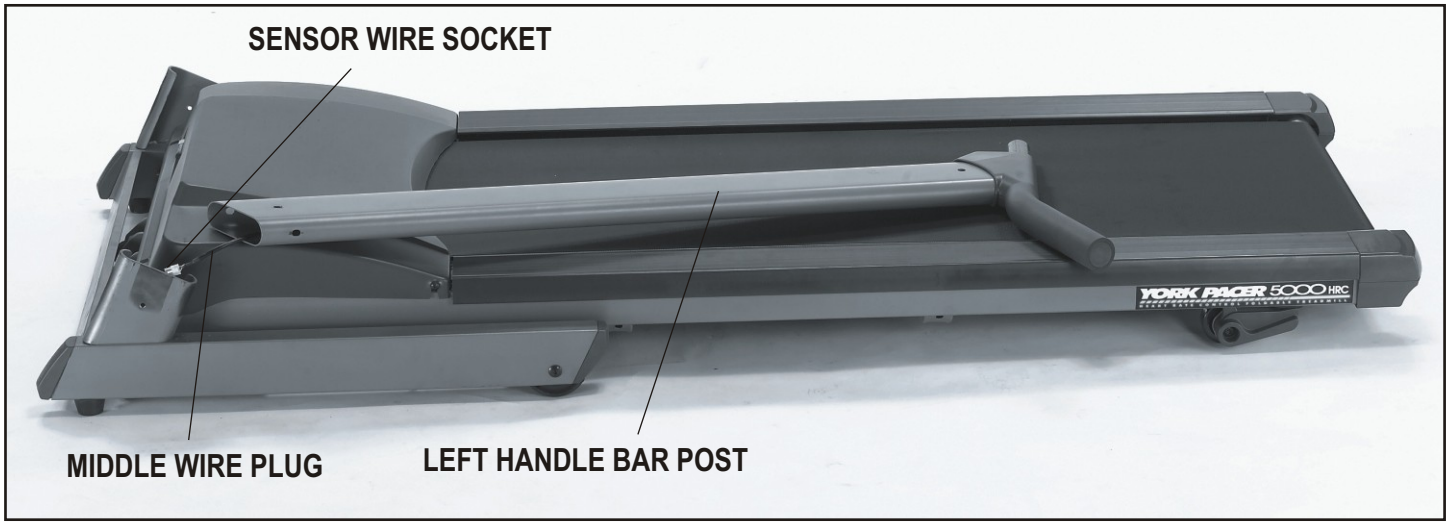
1.



Product may vary slightly from the item pictured.

- **Ask someone to help you remove all the parts of your YORK PACER 5000 HRC from the carton and place them on the floor carefully.**

2.



- **Rest the left handle bar post on the main frame carefully as shown.**
- **Connect the sensor wire socket to the middle wire plug protruding at the base of the left handle bar post.**

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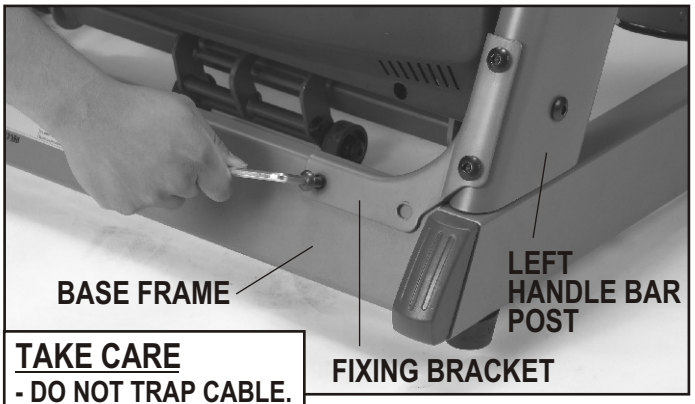
NOTE: DO NOT FULLY TIGHTEN THE BOLTS UNTIL YOU HAVE COMPLETED THE ASSEMBLY.

3.

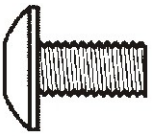


TAKE CARE
- DO NOT TRAP CABLE.
- DO NOT FULLY TIGHTEN BOLTS YET.

- **Insert the left handle bar post into the handle bar post mounting tube and secure the fixing bracket onto the base frame, using six allen head bolts and star washers.**

  NOTE: TAKE CARE to ensure the cable does not get trapped when you attach the left handle bar post.

- **Insert the right handle bar post into the handle bar post mounting tube and secure the fixing bracket onto the base frame, using six allen head bolts and star washers.**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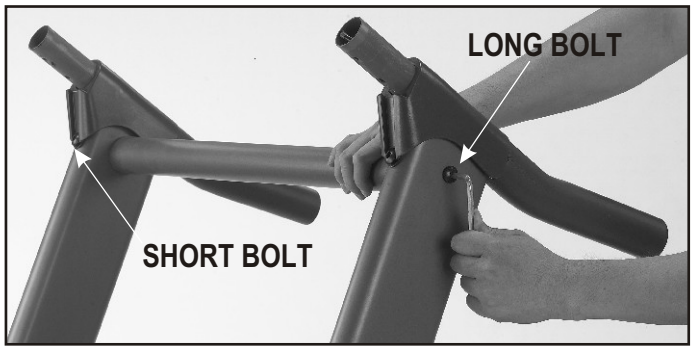
4.

- **Insert the handle bar into the handle bar post as shown.**

  NOTE: One end of the handle bar protrudes from the end of the foam grip, this end must be inserted into the hole on the right handle bar post first.

5.



- **Secure the handle bar to the left handle bar post by using, one long allen head bolt and star washer.**

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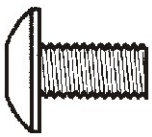
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- **Secure the handle bar to the right handle bar post by using, one short allen head bolt and star washer.**

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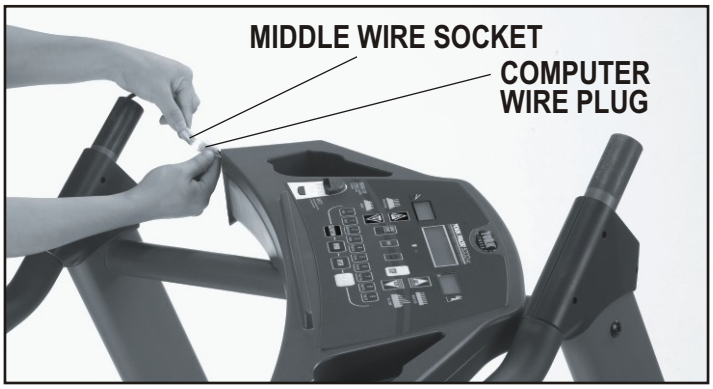
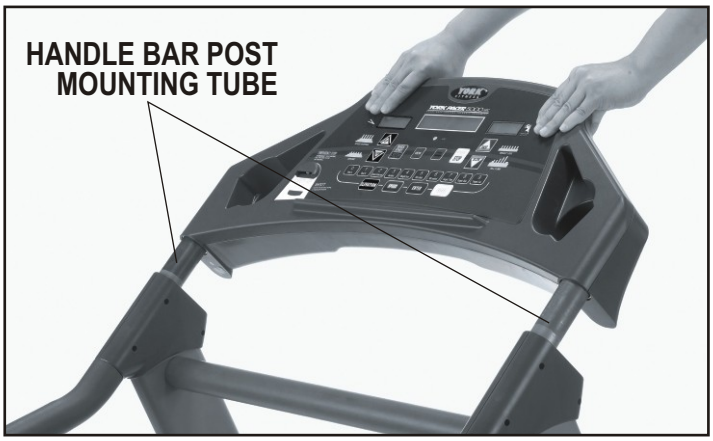
6.



■ Rest the computer console on the front handle bar and connect the computer wire plug to the middle wire socket protruding at the top of the handle bar post.

7.



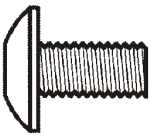
■ Attach the computer console onto the handle bar post mounting tubes as shown.

NOTE: TAKE CARE to ensure the cable does not get trapped when you attach the computer console.

If the console will not align and fit easily, loosen all the bolts fitted so far - and try again.

8.

■ Secure the computer console to the handle bar post by using, four allen head bolts and star washers.



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■ **NOW tighten all the bolts you have fitted.**

RECHECK

■ Recheck that all of the bolts are tightened securely for your safety and comfort.

■ Plug the power cable into a suitable AC outlet (220~240 Volt 50Hz).

■ Before you use the treadmill for the first time turn on the power switch and connect the magnetic safety key.
Allow the treadmill to run for 10 minutes or so without anyone using it.

■ Check that the mat is tightened properly and runs smoothly.

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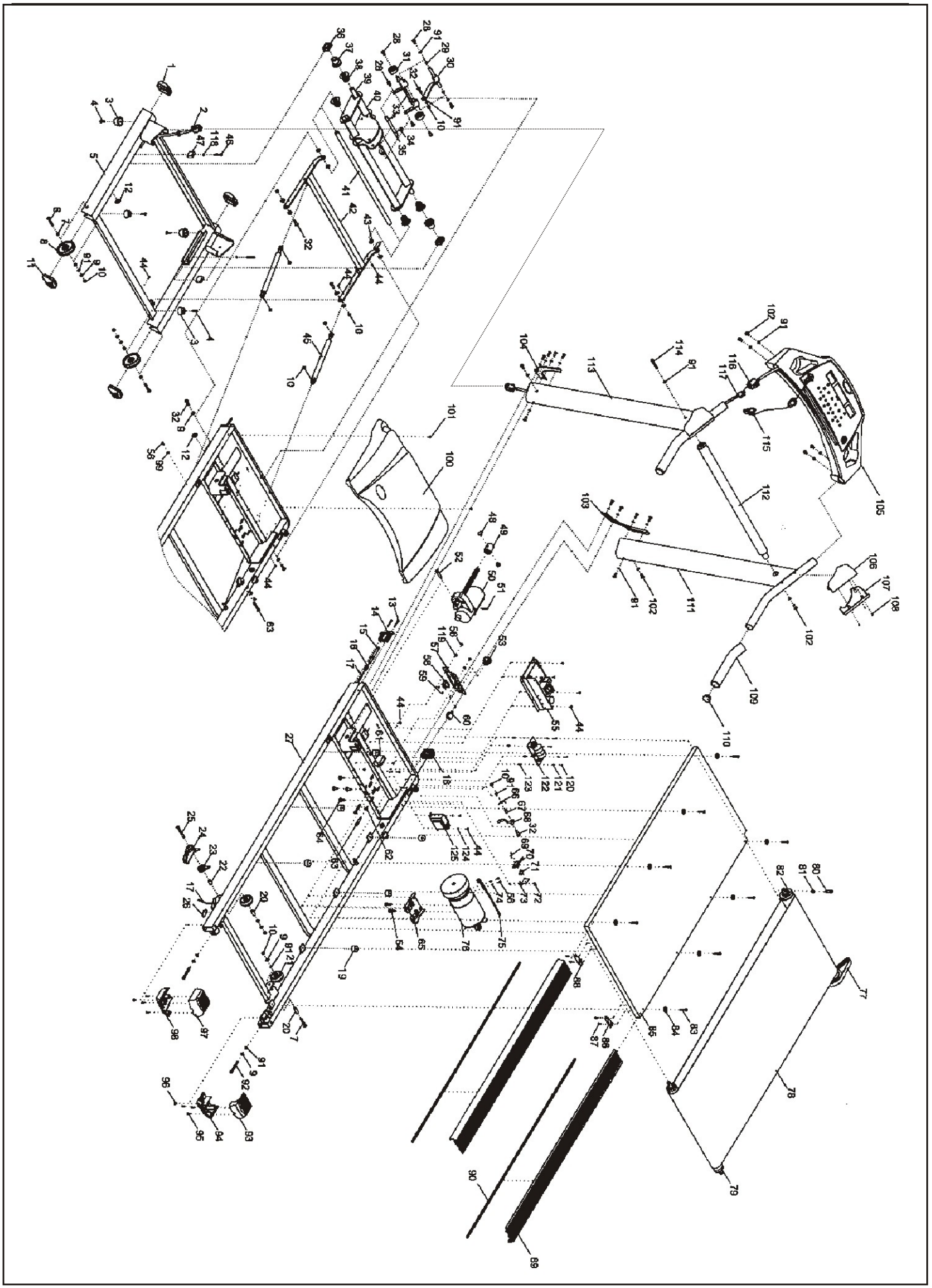
DESCRIPTION



PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5518-01	2	CROSS BASE FRAME END CAP
2	5518-02	1	CONTROLLER SIGNAL CABLE (1250mm)
3	5518-03	4	PVC FOOT STOP
4	5518-04	4	M6 X 25mm DOME HEAD SCREW
5	5518-05	1	BASE FRAME
6	5518-06	3	M8 X50mm ALLEN HEAD BOLT
7	5518-07	4	MOVING WHEEL SLEEVE
8	5518-08	2	BASE FRAME MOVING WHEEL
9	5518-09	8	M8 X 1.6mm FLAT WASHER
10	5518-10	12	M8 X 7.8mm NYLON HEX NUT
11	5518-11	2	CROSS WHEEL END CAP
12	5518-12	3	SNAP BUSHING
13	5518-13	2	M5 X 40mm SOCKET HEAD SCREW
14	5518-14	1	LOCK PIN CAP (L)
15	5518-15	1	LOCK PIN
16	5518-16	1	LOCK PIN SPRING
17	5518-17	1	RELEASE CABLE
18	5518-18	1	LOCK PIN CAP (R)
19	5518-19	6	DECK CUSHION
20	5518-20	2	REAR MOVING WHEEL SLEEVE
21	5518-21	2	REAR MOVING WHEEL
22	5518-22	1	SLEEVE
23	5518-23	1	RELEASE LEVER
24	5518-24	1	RELEASE HANDLE
25	5518-25	1	M8 X 70mm ALLEN HEAD BOLT
26	5518-26	1	RUBBER PAD
27	5518-27	1	MAIN FRAME
28	5518-28	6	M8 X 20mm SOCKET HEAD SCREW
29	5518-29	2	LINKAGE SUPPORT SLEEVE
30	5518-30	1	INCLINE SUPPORT LINK
31	5518-31	2	INCLINE MOVING WHEEL
32	5518-32	6	M8 X 30mm DOME HEAD SCREW
33	5518-33	1	INCLINE WHEEL LINKAGE
34	5518-34	2	E-RING
35	5518-35	1	INCLINE LINKAGE SHAFT
36	5518-36	2	TRACK SLIDER
37	5518-37	2	BUSHING SPACER
38	5518-38	4	CONNECTION TUBE BUSHING
39	5518-39	1	MOVING SHAFT
40	5518-40	1	INCLINE FRAME STRUCTURE
41	5518-41	1	FIXED SHAFT
42	5518-42	1	H FRAME
43	5518-43	8	CONNECT BUSHING
44	5518-44	16	M4 X 8mm DOME HEAD SCREW
45	5518-45	2	GAS CYLINDER
46	5518-46	2	M6 X 40mm SOCKET HEAD SCREW
47	5518-47	2	TRACK STOPPER
48	5518-48	2	HEX HEAD SPECIAL SCREW
49	5518-49	1	INCLINE MOTOR NUT
50	5518-50	1	INCLINE MOTOR
51	5518-51	1	R PIN
52	5518-52	1	INCLINE MOTOR PIN
53	5518-53	1	ON / OFF POWER SWITCH
54	5518-54	1	M8 X 20mm SOCKET HEAD SCREW
55	5518-55	2	CONTROLLER SIGNAL CABLE (1250mm)
56	5518-56	6	M5 X 10mm DOME HEAD SCREW
57	5518-57	1	ON / OFF POWER BRACKET
58	5518-58	1	AC INLET SOCKET
59	5518-59	2	M4 X 6mm DOME HEAD SCREW
60	5518-60	1	CIRCUIT BREAKER
61	5518-61	1	CAPACITOR

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
62	5518-62	1	M8 X 6.5mm HEX NUT
63	5518-63	3	M8 X 40mm SOCKET HEAD SCREW
64	5518-64	4	M8 X 20mm FRINGE HEAD SCREW
65	5518-65	1	MOTOR BRACKET
66	5518-66	1	OFF POWER SPRING
67	5518-67	1	OFF POWER SLEEVE
68	5518-68	1	OFF POWER BRACKET
69	5518-69	2	M3 X 15mm PHILLIPS SCREW
70	5518-70	1	MICRO SWITCH
71	5518-71	1	INSULATION BRACKET
72	5518-72	2	M4 X 8mm DOME HEAD SCREW
73	5518-73	1	MICRO SWITCH BRACKET
74	5518-74	2	M5 X 1.3mm SPRING WASHER
75	5518-75	1	SPEED SENSOR W/ CABLE (580mm)
76	5518-76	1	1.5 HP DC MOTOR
77	5518-77	1	DRIVE BELT
78	5518-78	1	RUNNING MAT
79	5518-79	1	REAR ROLLER ASSEMBLY
80	5518-80	1	M8 X 30mm SOCKET HEAD SCREW
81	5518-81	1	CURVE WASHER
82	5518-82	1	FRONT ROLLER ASSEMBLY
83	5518-83	8	M6 X 35mm DOME HEAD SCREW
84	5518-84	8	SIDE LANDING WASHER
85	5518-85	1	RUNNING DECK
86	5518-86	1	REAR DECK GUARD (R)
87	5518-87	4	M5 X 10mm DOME HEAD SCREW
88	5518-88	1	REAR DECK GUARD (L)
89	5518-89	2	SIDE LANDING
90	5518-90	2	SINGLE-BACK SPONGE RUBBER
91	5518-91	28	M8 X 0.8mm STAR WASHER
92	5518-92	2	M8 X 65mm SOCKET HEAD SCREW
93	5518-93	1	REAR END CAP TOP (R)
94	5518-94	1	REAR END CAP BOTTOM (R)
95	5518-95	6	M4 X 20mm DOME HEAD SCREW
96	5518-96	2	M6 X 10mm DOME HEAD SCREW
97	5518-97	1	REAR END CAP TOP (L)
98	5518-98	1	REAR END CAP BOTTOM (L)
99	5518-99	2	M6 X 1.5mm SPRING WASHER
100	5518-100	1	MOTOR COVER
101	5518-101	2	M5 X 16mm DOME HEAD SCREW
102	5518-102	17	M8 X 15mm ALLEN HEAD BOLT
103	5518-103	1	HANDLE BAR POST SUPPORT BRACKET (R)
104	5518-104	1	HANDLE BAR POST SUPPORT BRACKET (L)
105	5518-105	1	COMPUTER CONSOLE
106	5518-106	2	HANDLE BAR COVER (L)
107	5518-107	2	HANDLE BAR COVER (R)
108	5518-108	6	M3 X 10mm PHILLIPS HEAD SCREW
109	5518-109	2	HANDLE BAR FOAM GRIP
110	5518-110	2	HANDLE BAR END CAP
111	5518-111	1	HANDLE BAR POST (R)
112	5518-112	1	FRONT HANDLE BAR
113	5518-113	1	HANDLE BAR POST (L)
114	5518-114	1	M8 X 55mm ALLEN HEAD BOLT
115	5518-115	1	SAFETY KEY
116	5518-116	1	COMPUTER CONSOLE SIGNAL CABLE (550mm)
117	5518-117	1	HANDLE BAR POST MIDDLE CABLE (1400mm)
118	5518-118	2	M6 X 0.6mm STAR WASHER
119	5518-119	2	M5 X 0.6mm STAR WASHER
120	5518-120	4	M3 X 6mm PHILLIPS HEAD SCREW
121	5518-121	4	M3 SPRING WASHER
122	5518-122	1	FILTER
123	5518-123	2	CU SCREW SLEEVE
124	5518-124	2	M4 X 0.45mm STAR WASHER
125	5518-125	1	CHOKE

OPERATING INSTRUCTIONS

The following procedure has been proven to be the safest and easiest method of mounting the treadmill.
For your protection, carefully read and follow these simple steps:

1. Be sure the treadmill is positioned on a flat, level surface.

2. Make sure the magnetic safety key is not attached then plug in the treadmill power cable to a suitable power socket and switch on at the socket.

3. Turn on treadmill power switch, which is located near where the power cable attaches to the treadmill.

4. Straddle the running mat with your feet firmly planted on the right and left foot pads. Stand close enough so you can extend your arms to touch all the buttons on the console.

CAUTION: Do not stand on the mat yet.

5. Insert the safety key.

6. Follow the instructions given by the computer.
(An electronic voice guides you though setting the treadmill computer.)

TIPS ON STEPPING ONTO THE TREADMILL

Once the treadmill is running at a low speed, place your weight on your right foot, extend your left foot onto the running mat one normal step ahead of you.
Allow your left leg to follow the running mat movement.
Repeat this manoeuvre several times until you become familiar with the required pace.

Once you determine the pace, simply follow the "in motion" leg with the stationary leg in a normal walking manner.
Continue to grip the handles firmly until you are walking normally.
After gaining stability and confidence, release your grip on the handles and let your arms swing freely and naturally at your side.

NOTE: Walking straight on the treadmill is aided by focussing on a stationary object across the room in front of you.
Walk as if you were approaching that object.

IN AN EMERGENCY

In a emergency take hold of the handrails and place your feet on the side rails provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

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HOW TO GET OFF THE TREADMILL

The following procedure has been proven to be the safest and easiest method of dismounting the treadmill.
For your protection, carefully read and follow these simple steps.

1. **Turn treadmill to low speed.**
2. **Firmly grip the handles to support yourself.**
3. **Remove your trailing foot from the running mat and place it on the foot pad on the side of the treadmill.**
   This is very easy to do because the natural movement of walking will have shifted your weight onto the foot that just stepped forward.
4. **Shift your weight to the stationary foot on the foot pad, and remove the other foot from the running mat and place it on the other foot pad.**
   You should now be in the starting position.
5. **Press STOP** (PAUSE / STOP) **key to stop the treadmill and disconnect the safety key.**
   Unplug the treadmill from the main power outlet when finished.

IN AN EMERGENCY

In a emergency take hold of the handrails and place your feet on the foot pads provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

CARE AND MAINTENANCE

- **Use a warm damp cloth with mild detergent to keep your YORK PACER 5000 HRC treadmill clean.**
  Do not clean between the mat and running board---The silicone lubricant is needed for smooth movement of the mat.
- **Check parts for wear before use.**
- **If in doubt do not use the treadmill and contact our helpline.**
- **Pay particular attention to the fixing knobs and make sure they are tight.**
- **Always replace the mat if worn and any other defective parts.**
- **TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.**

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YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

HOW TO ADJUST THE BELT ALIGNMENT AND TENSION

The alignment and tension of the running mat (walking surface) has been set up prior to shipping. Should improper tracking of the mat occur (ie. The walking surface moves too far to the right or the left), or if you find that the mat slips when you get on, these problems can be corrected.

TEST: Allow the mat to turn for several revolutions and watch to see if the mat runs in the central position. If the mat moves to the left or the right, then follow the instructions below to correct this.

Locate the adjustment screws on the end of the main frame.

NOTE: Adjust by ½ a turn only to avoid over correcting.

CAUTION: Only adjust the mat when the treadmill is running at a low speed.
Keep others away from the treadmill.

Connect the safety key and set to a low speed.

MAT MOVES TO RIGHT

If your mat tends to move to the right, then adjust the RIGHT screw by turning it ½ a turn clockwise.

We recommend adjustments of ½ a turn only at a time, then test (as above) each time.

If your mat continues to move to the right, then adjust the LEFT adjustment screw, by turning ½ a turn counter clockwise. TEST after each adjustment.

MAT MOVES TO LEFT

If your mat tends to move to the LEFT, then adjust the RIGHT screw by turning it ½ a turn counter clockwise.

We recommend adjustments of ½ a turn only at a time, then test (as above) each time.

If the mat continues to move to the left, then adjust the LEFT adjustment screw, by turning it ½ a turn clockwise. TEST after each adjustment.

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NOTE: **For most people, one leg is stronger than the other, the running mat may tend to move to that side because of the extra pressure exerted by the stronger leg. If this occurs then either dismount the treadmill and allow the mat to track back to the middle, or exert pressure to the side of the mat with the other leg, to track the mat back to the middle. Or adjust the mat to compensate following the instructions for mat moves right or left.**

MAT TOO LOOSE

If your mat appears to be loose, simply tighten both screws by an equal amount of ½ a turn clockwise at a time, then test.

MAT TOO TIGHT

If it appears tight, simply loosen both screws by an equal amount of ½ a turn anti-clockwise at a time, then test.

MAT STICKY (DOES NOT RUN SMOOTHLY)

You may feel after a period of time (depending on how often you use the machine) that the mat feels sticky .
We recommend you apply a light covering of Silicone between the mat and the running board. This procedure may be repeated as necessary.

WALKING MAT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, maintenance deck system. The mat/deck friction may play a major role in the function and life of your treadmill, this requires periodic lubrication. We recommend a periodic inspection of the deck. If the deck appears worn, please contact our service department.
We recommend lubrication of the deck according to the following timetable:
Light use (less than 3 hours per week) every 8 months
Medium use (3-5 hours per week) every 4 months
Heavy use (more than 5 hours per week) 2 months

HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION

- Disconnect the main power supply.
- Fold the treadmill up into the storage position.
- Feel the white back surface of the running mat.
If the surface is (slick) to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend that you use the following:
Lube-N-Walk Treadmill Lubrication Kit (CODE: 5520) comes complete with instructions, Available from your local Sports Retailer or contact YORK for your closest dealer.

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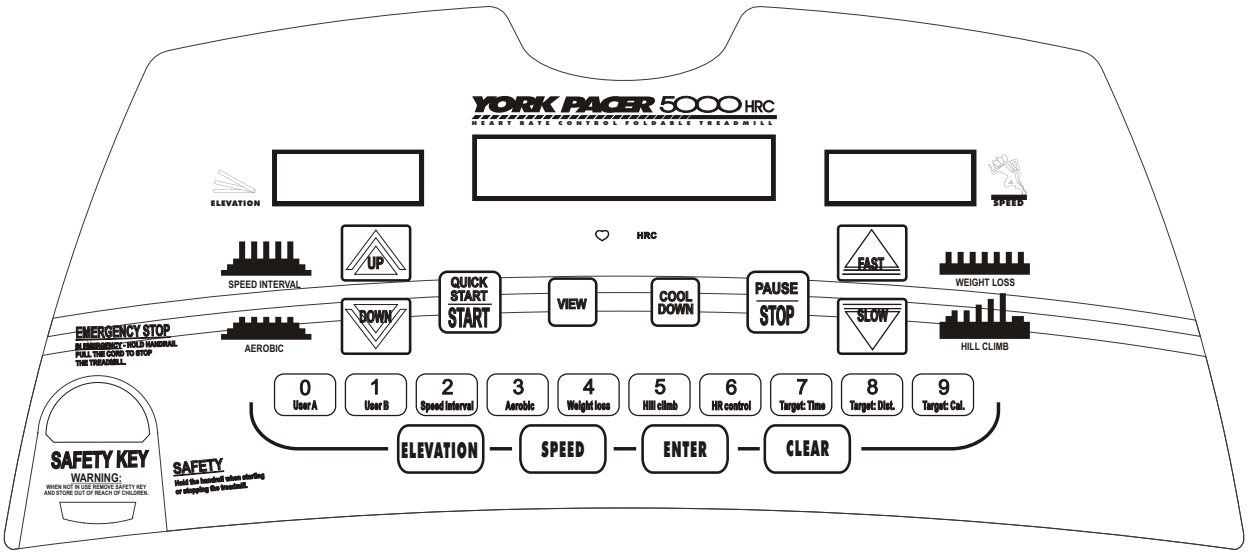
COMPUTER INSTRUCTIONS

Your computer is ideal for monitoring your performance and setting yourself targets.
You can monitor closely your improving condition and cardiovascular fitness.



KEYS

1. ▲▼ Key: Adjust the elevation up and down.

2. QUICK START Key: **QUICK START-** Manual workout.
START- To activate treadmill.

3. VIEW Key: Scans or displays time, distance, calories, pulse, or % of maximum heart rate.

4. COOL DOWN Key: Interrupts the current workout and go directly into a four minute cool down routine.

5. PAUSE STOP Key: Slows the running belt to a complete stop.

6. ▲▼ Key: Adjusts the speed.

7. ELEVATION SPEED ENTER CLEAR Key: Primary function keys.

8. 0 1 2 3 4 5 6 7 8 9 Key: Program keys: 2 custom programs, Speed interval, Aerobic, Weight loss, Hill climb, HR control, Target: Time, Target: Dist.,Target: Cal.

USING THE MAGNETIC SAFETY KEY

IMPORTANT: The treadmill will not work if the magnetic safety key is not in place.

Before starting the treadmill, attach the key to the computer, then attach the clip on the other end to your clothing (above the waist). If this key is pulled out whilst you are running on the treadmill then the mat will stop turning.

When the treadmill is not in use you should remove the safety key and store it somewhere safe, away from the treadmill. This will prevent any unauthorised use of the treadmill. Store the safety key in a safe place OUT OF REACH OF CHILDREN.

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WORKOUT PROGRAMS

QUICK START

The default settings are 0% elevation and a speed of 1 Km/H. You may adjust the speed or elevation any time during the workout. The default time for this program is 30 minutes.

1. **Turn the power "ON".**
2. **Check the safety key and clip - Ensure the clip is secured to your clothing.**
3. **Press START for Quick Start.**
4. **Use the numeric keys to enter your age.**
5. **Press ENTER to confirm and begin your workout.**

CUSTOM PROGRAM A & B

The first time you use this workout, you must program the routine.
The treadmill has 15 recordings to memorize elevation and speed settings.
In addition, the treadmill also records your age and workout time.

To program your personal exercise routine:

1. **Turn the power "ON".**
2. **Check the safety key - Ensure the clip is secured to your clothing.**
3. **Press 0 for Program A or 1 for Program B.**
4. **The display will show the program you have selected.**
5. **Press ENTER to confirm.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to accept.**
8. **Use the numeric keys to enter a workout time.**
9. **Press ENTER to accept.**
10. **Press START to begin your workout.**
11. **The workout will start at 0% elevation and 1 Km/H. You may adjust the speed and elevation throughout your workout. When your workout time is up, the treadmill will memorize all your workout settings and repeat this routine when ever this program is selected again.**

There are two ways to clear the custom program workout routine.

Option 1 - Clears old routine and sets new routine at the same time:
Just change the workout time, this will alert the computer to erase the previous programmed routine. At this time, you may adjust your workout routine, at the end of the workout, the treadmill will memorize the new routine and repeat this routine when ever this program is selected again.

Option 2 - Clears old routine only:

1. **Select the program that you wish to clear (A or B).**
2. **Press CLEAR, the display will show "clear program? No"**
3. **Press CLEAR a second time and the display will show " clear program ? Yes"**
4. **Press ENTER at this time and the memory will be cleared.**

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SPEED PROGRAMS: Speed interval or Aerobic

During speed programs, only the speed will automatically adjust according to the pre-set profile. If you wish to adjust the elevation, you may do so at any time during the workout. However, you will not be able to adjust the speed during the speed program.

1. **Turn the power "ON".**
2. **Check the safety key - Ensure the clip is secured to your clothing.**
3. **Press 2 for Speed interval or 3 for Aerobic.**
4. **The display will show a workout profile of the program selected.**
5. **Press ENTER to accept.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to accept.**
8. **Use the numeric keys to enter a workout time.**
9. **Press ENTER to accept.**
10. **Use the numeric keys to set a maximum speed.**
    NOTE: All speeds will be scaled down accordingly for the entire program.
11. **Press ENTER to confirm.**
12. **Press START to begin your workout.**

ELEVATION PROGRAMS: Weight loss or Hill climb

During elevation programs, only the elevation will automatically adjust according to the pre-set profile. If you wish to adjust the speed, you may do so at any time during the workout. However, you will not be able to adjust the elevation during the elevation program.

1. **Turn the power "ON".**
2. **Check the safety key - Ensure the clip is secured to your clothing.**
3. **Press 4 for Weight loss or 5 for Hill climb.**
4. **The display will show a workout profile of the program selected.**
5. **Press ENTER to accept.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to accept.**
8. **Use the numeric keys to enter a workout time.**
9. **Press ENTER to accept.**
10. **Use the numeric keys to set a maximum elevation.**
    NOTE: All elevations will be scaled down accordingly for the entire program.
11. **Press ENTER to confirm.**
12. **Press START to begin your workout.**

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HEART RATE CONTROL PROGRAM

After you have set your program according to the steps below, the treadmill will activate according to your warm up speed for the duration that you have requested. The treadmill will automatically adjust by speed or elevation to achieve and maintain your target heart rate. After the warm up time, it will take about 3-5 minutes to reach your target heart rate. Your heart rate will be maintained at +/- 5 beats of your target heart rate.

When the monitor picks up your heart beat signal, the heart under the viewing display will light up and blink. When you have reached your target heart rate, the HRC next to the heart will light up.

1. **Turn the power "ON".**
2. **Check the safety key - Ensure the clip is secured to your clothing.**
3. **Press 6 for Heart Rate Control program.**
4. **The display will show the program selected.**
5. **Press ENTER to accept.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to accept.**
8. **Use the numeric keys to enter the workout time.**
9. **Press ENTER to accept.**
10. **Use the numeric keys to enter the warm up time.**
11. **Press ENTER to accept.**
12. **Use the numeric keys to enter the warm up speed.**
13. **Press ENTER to accept.**
14. **Use the numeric keys to enter your target heart rate.**
    NOTE: You can not input a value that is greater than your maximum heart rate.
    (220 less your age = Max. H. R.)
15. **Press ENTER to confirm.**
16. **Press START to begin your workout.**

NOTE: You must wear the transmitter chest strap in order to use the heart rate control program. The chest strap will function at its best once you have worked up a little sweat. The moisture will help to conduct the signals.

Percentage of Max Heart Rate (Beats per Minute)						
Max HR	Age	Healthy Heart	Weight Loss	Aerobic	Anaerobic	Maximum H/R
		50 - 59%	60 - 69%	70 - 79%	80 - 89%	90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
180	40	90 - 108	109 - 126	127 - 144	145 - 162	163 - 180
185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
190	30	95 - 114	115 - 133	134 - 152	153 - 171	172 - 190
195	25	98 - 117	118 - 137	138 - 156	157 - 175	175 - 195
200	20	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200
205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

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TARGET SETTING PROGRAMS

You may choose to workout by setting targets with TIME, DISTANCE or CALORIES.
All workouts by target have default settings of 0% for elevation and 1 Km/H for speed.
You may adjust the speed or elevation any time during the workout.
During the workout, the display window will default to show the target counting down.
Once you have reached your target, the workout will automatically stop.

TARGET BY TIME

1. **Turn the power "ON".**
2. **Check the safety key and clip - Ensure the clip is secured to your clothing.**
3. **Press 7 to select Target by Time.**
4. **The display will show the program selected.**
5. **Press ENTER to confirm.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to confirm.**
8. **Use the numeric keys to enter a workout time.**
9. **Press ENTER to confirm.**
10. **Press START to begin the workout.**

TARGET BY DISTANCE

1. **Turn the power "ON".**
2. **Check the safety key and clip - Ensure the clip is secured to your clothing.**
3. **Press 8 to select Target by Distance.**
4. **The display will show the program selected.**
5. **Press ENTER to confirm.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to confirm.**
8. **Use the numeric keys to enter a target distance.**
9. **Press ENTER to confirm.**
10. **Press START to begin the workout.**

TARGET BY CALORIES

1. **Turn the power "ON".**
2. **Check the safety key and clip - Ensure the clip is secured to your clothing.**
3. **Press 9 to select Target by Calories.**
4. **The display will show the program selected.**
5. **Press ENTER to confirm.**
6. **Use the numeric keys to enter your age.**
7. **Press ENTER to confirm.**
8. **Use the numeric keys to enter target calories.**
9. **Press ENTER to confirm.**
10. **Press START to begin the workout.**

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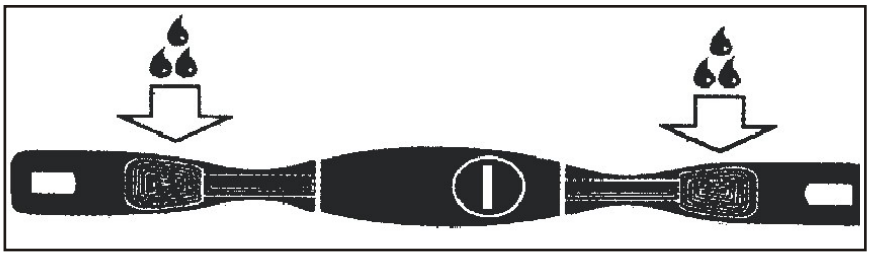
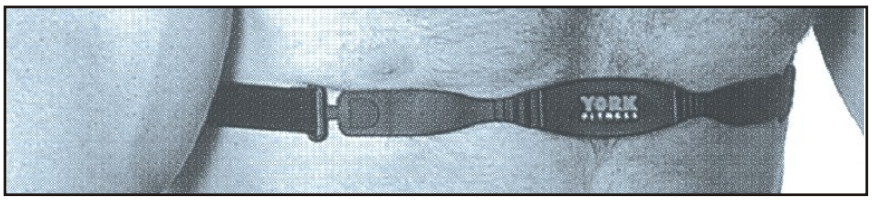
POSITIONING THE CHEST TRANSMITTER





It is recommended that you wear the transmitter against your bare skin to ensure flawless operation.
However if you wish to wear the transmitter over a shirt, moisten the shirt well under the rubber electrodes.

- **Attach the adjustable elastic strap to the transmitter.**
- **Moisten the rubber electrodes on the underside of the belt as shown. Water or saliva can be used.**

THE KEY TO FLAWLESS OPERATION IS TO WET THE RUBBER ELECTRODE AREAS WELL.

- **The transmitter should be positioned next to your skin with the logo facing forwards in the middle of the chest, just below the breast.**
- **Adjust the strap to ensure a secure but comfortable fit.**
- **The transmitter is activated automatically when on the body and is deactivated automatically when removed.**

NOTE: If you have difficulty obtaining a good regular heart rate reading, please check the belt, which may need adjusting. The rubber electrodes must be flat against the skin, and the belt must be in the correct position on the chest---Not too low!!
Check the electrodes are wet.

Check that the belt is clean, with no accumulated sweat or dirt.

CARE AND MAINTENANCE

- **Thoroughly wipe the transmitter, and allow the elastic strap to dry after each use. Store your chest transmitter in a cool dry place.**
- **Do not expose your chest transmitter to direct sunlight for extended periods such as leaving it in a car.**
- **Do not expose your chest transmitter to extreme temperatures above 122° Fahrenheit (50°C) or below 14° Fahrenheit (-10°C).**

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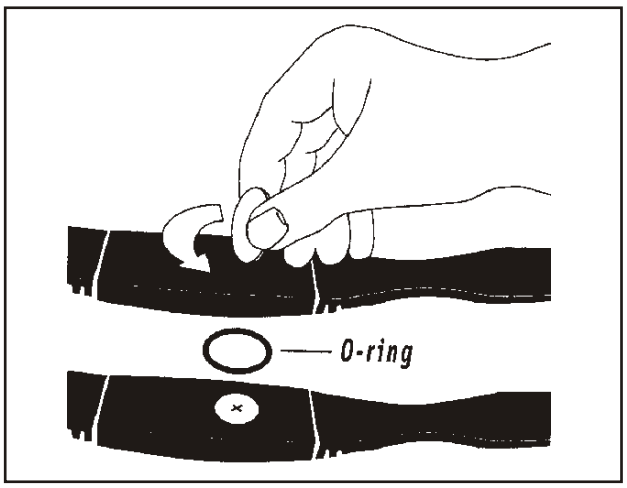
REPLACING THE TRANSMITTER BATTERY



Unscrew the battery hatch with a coin and remove the old battery. Ensure that the new battery is inserted into the hatch correctly with the plus sign facing the battery hatch.
Check that rubber gasket is clean, correctly fitted and not damaged, then close the hatch securely.
The transmitter utilizes a 3 volt 2032 cell.

TROUBLE SHOOTING

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of an electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.
When you encounter unusual behaviour from the treadmill, simply turn the power switch off and on to reset the treadmill.
This should clear incidental errors and prepare the treadmill for normal operation again.
If, after you have reset the treadmill by turning the power switch off and on again, the treadmill is still not operational, then it is time to call the helpline.

NO SIGNAL ON THE CONSOLE LCD WINDOWS

If there is no signal on the monitor, even after you have switched the treadmill off and on again to reset, check the communication cable between monitor and motor controller.
First, make sure the connections are good and that the cable is not pinched or damaged.
If defective, ask your dealer for a replacement cable.

Error 1: Speed sensor error

Error 1 occurs when the console is not picking up the motor speed signal.
In other words, when the motor speed is not correctly fed back to the controller and console, the treadmill will shut off to protect the user and error 1 will be displayed on the console.
When trouble shooting this error, do not stand on the running mat.

When you report error 1 to the service center, make sure you note down the circumstantial details.

1. **Is the motor operational? For example, if the motor is not working when you push the start button, error 1 displays immediately.**
   Motor and running mat do not move.
2. **If the treadmill was running, then it stopped and showed error 1, then the motor is operational.**
3. **If the motor is operational, did the treadmill stop at low speeds (1.0 - 1.5 KPH) or high speeds (10 KPH - 12 KPH)**

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Error 2: Over speed error

Error 2 occurs when the actual belt speed is faster than the speed displayed on the console. This is also called run away protection. If the controller is broken, and the motor is running out of control, it is dangerous to the user. So, this is a safety mechanism to shut off the treadmill immediately.
When trouble shooting this error, do not stand on the running mat.

If you see error 2 when you first turn on the power to the treadmill, before the motor has moved. One possibility for the error 2 occurring is because the mat had moved before the motor moved. This could have happened during handling of the treadmill.
The controller thinks the motor moved even though it has not given power to the motor.
The controller thinks something is wrong. Simply turn the power off and on again to reset.

If the user is pushing hard on the running mat to cause the mat to run faster than the displayed speed, error 2 will also occur. Simply turn the power off and on again to reset.

While the treadmill is running, it suddenly speeds up quickly and stops and displays error 2 on the console. This means the controller is damaged and the motor is running out of control. Call your dealer for service. Do not use the treadmill until it is repaired.

Error 3: Safety key error

Error 3 occurs when the safety key is not in positive contact with the console.
Check for positive contact of the safety key to the console.

Error 5: Incline motor error

This error occurs when the incline motor is not functioning properly.

1. Incline motor is over - loaded or over - heated. Simply wait until the incline motor has returned to normal temperature, then try again.
2. Sensor connection cable has problem.
3. Sensor (Potentiometer) is defective or damaged.
4. Incline motor is damaged.

Error 11: Communication error

This error occurs when the communication between the console and the controller is not functioning properly. Check the communication line connections first to make sure it is not loose or the cables are not pinched. If the communication cable is damaged, change it. Turn the power off and on again to reset the treadmill.

TROUBLE SHOOTING GUIDE

Problem	Potential Cause	Corrections
Treadmill will not start	1. Not plugged in 2. Safety key not inserted 3. House circuit breaker tripped 4. Treadmill circuit breaker tripped 5. On/Off switch on "OFF"	1. Plug into grounded outlet. 2. Insert the safety key into the console. 3. Reset or replace fuse. 4.Reset the circuit breaker. If happens again, lubricate the deck to reduce friction between mat and deck. 5. Turn On/Off switch to "ON".
Running belt slips	1. Running mat not tight enough 2. Drive belt not tight enough	1. Adjust running mat tension. 2. Adjust drive belt tension.
Running belt hesitates when stepped on	1. Insufficient lubrication 2. Running mat too tight / too loose	1. Apply silicone lubricant. 2. Adjust running mat tension.
Running belt is off center	Running mat tension uneven across the rear roller	Center the running mat.

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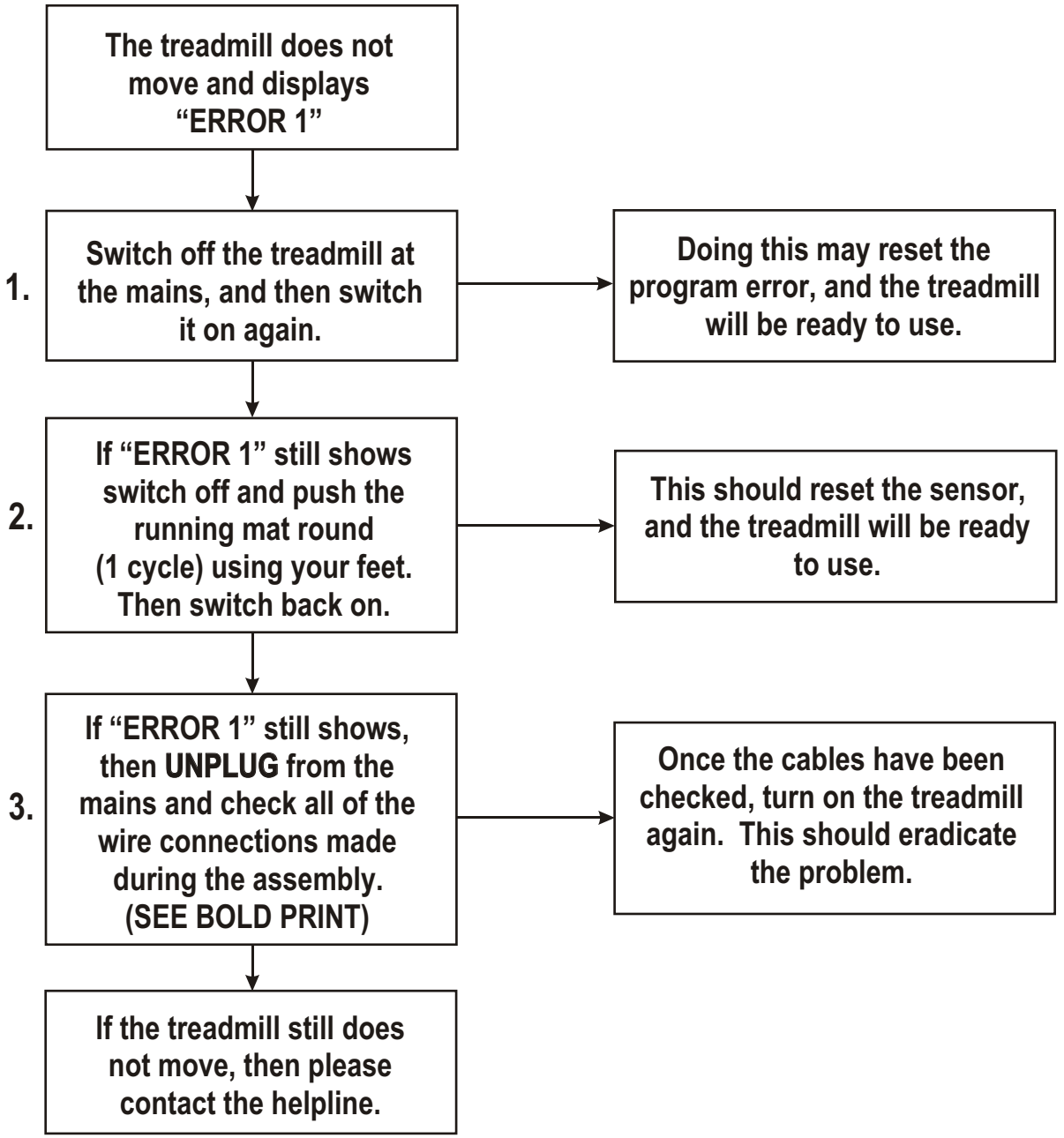
ERROR 1 CODE

This is a safety feature that can stop the treadmill from functioning. This error can occur because the computer is not receiving the correct information from the speed sensor located near the motor. As a precaution the computer stops the treadmill until it begins to receive the correct feedback.
By performing a few simple checks, the error can be cleared quickly and easily, and the treadmill can be ready for use.

When assembling, there are several cables that need to be connected. It is very common for these cables to look like they are connected when they are in fact not fully connected.

Make sure that these cables are connected as tightly as possible. The connections may have come apart whilst assembling the treadmill.


The treadmill does not move and displays "ERROR 1"
1.
Switch off the treadmill at the mains, and then switch it on again.
Doing this may reset the program error, and the treadmill will be ready to use.
2.
If "ERROR 1" still shows switch off and push the running mat round (1 cycle) using your feet. Then switch back on.
This should reset the sensor, and the treadmill will be ready to use.
3.
If "ERROR 1" still shows, then UNPLUG from the mains and check all of the wire connections made during the assembly. (SEE BOLD PRINT)
Once the cables have been checked, turn on the treadmill again. This should eradicate the problem.
If the treadmill still does not move, then please contact the helpline.

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EXERCISE GUIDE

FITNESS

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity.
This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.
This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

HOW TO IMPROVE YOUR FITNESS

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.
You can measure your heart rate by taking a pulse reading.
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.
The area between these 2 levels is called the target zone.
It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration. Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously, 3-4 times per week.

CAUTION

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.
IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

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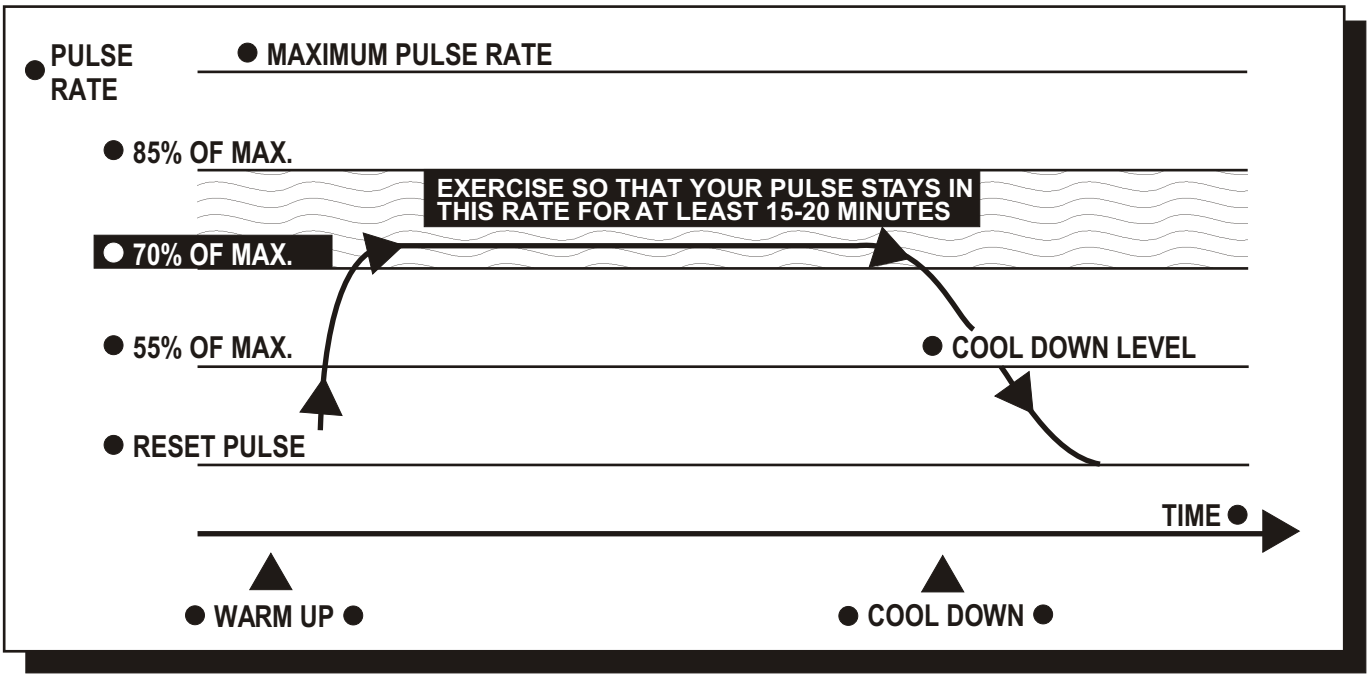
TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.
REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:
- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

Calculating your maximum heart rate

The standard method for calculating heart rate training zone is based on estimating maximum heart rate using the formula 220 minus the persons age in years. Some practitioners believe that a woman estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.
The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

Estimated Maximum Heart Rate = 220 - Age (Year)

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SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start for the first few weeks, and gradually progress up to the zone that meets you personal fitness goal.

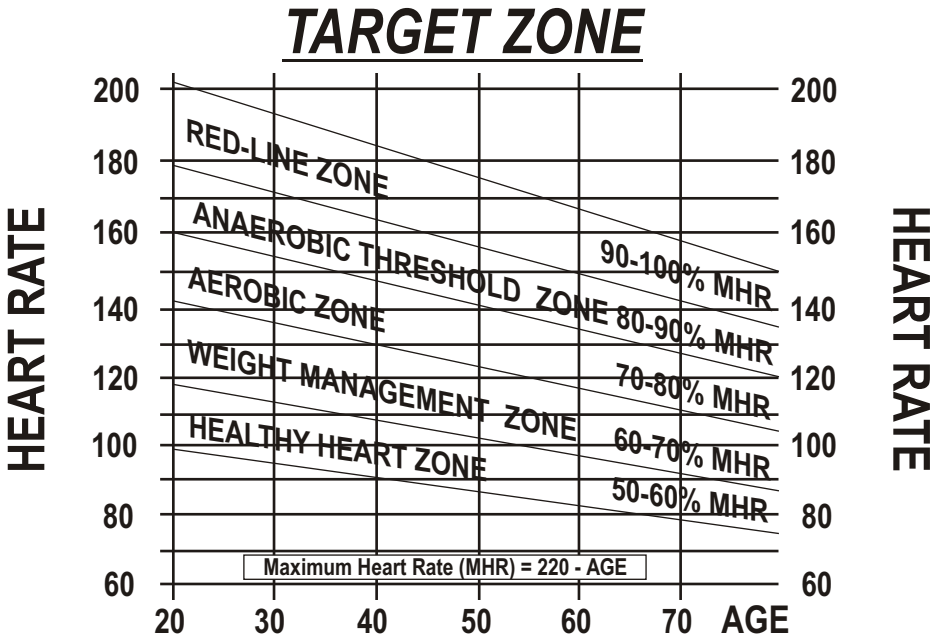
ZONE 1.- HEALTHY HEART - 50 to 59% of Max Heart Rate.
If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

ZONE 2.- WEIGHT MANAGEMENT - 60 to 69% of Max Heart Rate.
If you already exercise regularly with the aim of losing body fat, exercise in this zone.

ZONE 3.- AEROBIC - 70 to 79% of Max Heart Rate.
Progress to this zone if your goal is to improve your aerobic conditioning.

ZONE 4.- ANAEROBIC THRESHOLD - 80 to 89% of Max Heart Rate.
This is the zone in which to improve anaerobic threshold. Exercising I this zone requires a high degree of fitness, and should not be used by those who are unfit.

ZONE 5.- RED LINE - 90 to 100% of Max Heart Rate.
For professional supervised athletes only.



Percentage of Max Heart Rate (Beats per Minute)						
Max HR	Age	Healthy Heart	Weight Loss	Aerobic	Anaerobic	Red line
		50 - 59%	60 - 69%	70 - 79%	80 - 89%	90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
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185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
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205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

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HOW TO MONITOR YOUR HEART RATE DURING EXERCISE

Now that you know where your training zone is, you'll l have to monitor yourself to be sure you're in it. Here's a simple rule, if you can't hold a conversation without gasping for breath you're probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits -
We recommend you check your heart rate periodically throughout your workout.
You can use the electronic pulse monitor which will count and display your heart rate for you.

CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE

How hard you exercise affects your pulse rate, it is determined by two thing:

1. Rate: How fast you exercise.
e.g. Speed you cycle, run or step.

2. Load: The resistance against which you exercise.
e.g. Tension you apply on cycle, step or run up hill.

THE PULSE RATE RULES

If your pulse rate is too low exercise faster or increase load.
If your pulse rate is too high exercise slower or decrease load.
If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.
If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body chance to recover, reduce how often you exercise.

REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

HOW LONG TO EXERCISE?

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we're commend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.
You should never feel exhausted during or following exercise.

TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level.
During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

TO CHECK YOUR PROGRESS:

1. **Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.**

2. **Begin slowing down for the cool down phase.**

3. **After 60 seconds note the rate again.**

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.
Keep a record of the results to help you monitor your progress.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

LIMITED WARRANTY

WARRANTY

YORK BARBELL LTD. warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of one year on all steel parts, thirty days on all vinyl and upholstery, and ninety days on all other parts.
This warranty extends to the original purchaser only.
It is recommended that the original receipt be kept with the manual.
YORK BARBELL LTD. will provide a replacement part free of charge when a defect is found during the warranty period. If a repair is necessary, please contact our Customer Service Department.

Under no circumstances will YORK BARBELL LTD. be responsible for damages or failures that occur as a result of improper assembly, or failure to operate the product correctly.
This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by YORK BARBELL LTD. or a recommended service center.
In the event a return is necessary, call our Customer Service Department for further instructions.
Under no circumstances will returns be allowed without the Return Authorization by our Customer Service Department.
Returns must be sent pre-paid, with the original packaging or equivalent.
This warranty does not apply when the product is used for rental or commercial use.
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

REPLACEMENT PARTS

ORDERING

To order replacement parts, simply call our Customer Service Department.
Monday through Friday, 8:30am until 4:30pm (excluding holidays).
To help us assist you, please have the following information ready:
1) Model: PACER 5000HRC W/ VOICE.
2) Serial Number: Located on the front of the main frame.
3) The part description and order number.

REGISTRATION

CONSUMER RESPONSIBILITY

In order to activate your warranty, you must mail in the supplied registration form found on the following page.
Failure to send in the registration form will void your warranty.
Fill in the form and send it to:

CUSTOMER SERVICE DEPARTMENT:

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

Date of purchase _____

Name of location where purchased _____

Model number _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip/Postcode** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total value of order	$

Send your order to:

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY,
DAVENTRY, NORTHANTS,
ENGLAND, NN11 4YB